



WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work, & Live



2023 Goal: Get Heart Healthy

Coming Soon: The Heart Health Wellness Challenge, a five-week wellness challenge to improve your heart health.

The goal is to complete two activities per week for a total of 10 weeks.

The challenge starts Monday, February 6 and will finish on Sunday, March 19.

We hope you'll join us! Email Hung Wu for more details: hungwu@ucr.edu.

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How to Keep Your New Year's Resolutions

By: Frida Villasenor

Keeping New Year's resolutions can be hard, especially when you're not consistent. Most people make many New Year's resolutions, making it difficult to keep them all throughout the year. Or maybe you get motivated at first, but as the year passes, you lose the motivation to continue.

Here are some ways you can keep your New Year's resolutions:

1. Make specific and attainable goals

These can help you stay focused and motivated and also help you track your progress!

2. Avoid excuses

When people want to avoid something they don't want to do, they usually devise an excuse. Instead, try to come up with an answer or a solution for your excuse. For example, when feeling fatigued, try to drink caffeine, and then motivate yourself to go for a walk.

3. Create new healthy habits

Having a new system integrated into your life can help you break bad habits. In order to keep your resolutions, you need to be able to make a conscious effort to avoid situations that will tempt that.

4. Have a vision or end goal

If you want to stay motivated, you can make a vision board. It doesn't necessarily have to be a physical board, but can also be visual in your mind of what results will come from your resolutions.

5. Make sure to celebrate your success!!

It takes a lot of commitment and dedication to continue your resolutions, so make sure you appreciate yourself. This can be done by yourself, friends, or family.

How to Stay Active during the Winter

By: Eugene Park

During the Winter, we tend to stay inside to escape the cold winter wind. But, this will inevitably make us more and more lazy over time. We don't want that to happen. Staying active in the winter is possible and will make sure to do not keep the pounds you pack on after holiday dinners.

Take Nature Walks

We tend to forget that some of nature's beauty since we are all stuck indoors, however, the winter sky only comes up for a few months throughout the year. Make sure to double check the weather before heading out for a stroll and wear appropriate footwear to prevent you from slipping.

Online Workouts

There are plenty of online workout classes available during this time. It makes it convenient for folks who can not leave their house due to the weather. You are still able to get the pump you need for the day without having to leave the comfort of your house.

Do Some Chores

Whether it is to dust off the shelves, vacuum the house, or even take out the trash, there are plenty of chores you can do that will help keep your body moving. Sometimes, we like to push some chores aside and forget about them and say, "I'll do it later"; but when that "later" turns into "never," then it begins to become a problem.

Dealing with Seasonal Depression

By: Summer Ropele

Seasonal depression or the “winter blues” affect nearly 20% of Americans as the days begin to shorten. In order to limit depressive feelings during the winter months, here are some ways to cope with the common seasonal depression.

Prioritize social events and connections

Participating in enjoyable and social activities acts as a proactive approach to managing seasonal depression. Staying connected with friends and family during periods where one feels isolated is essential in improving one's mood.



Create a schedule

Setting a schedule for your day improves sleep, which is likely to rid some feelings of depression. This also encourages one to be active during times when the sun is out, increasing serotonin levels. Schedules during this season also discourage overeating, which is common with the “winter blues.”



Dealing with Seasonal Depression

(Continued)

By: Summer Ropele

Consider journaling

Journaling is a common form of coping with depression. This is an encouraging method for one to express their negative thoughts and emotions. Journaling is known to aid people in identifying what triggers their depressive episodes and differentiate their problems in life from their depressed feelings. While keeping a journal can be useful in expressing negative feelings, keeping a gratitude journal and writing down what one is grateful for is an alternative to managing seasonal depression.



Stay active and maintain a healthy diet

Participating in daily exercise and eating a healthy diet elevates energy levels and moods during the winter months by increasing endorphin levels.

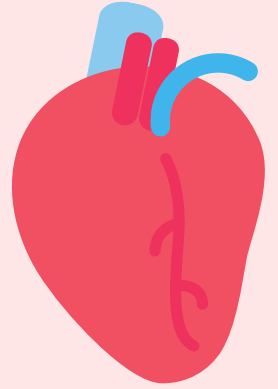


Heart Health

By: Jazmine Belcher

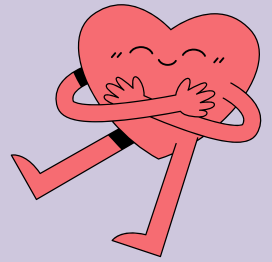
February is the month known as **Heart Health Month**.

There are many ways to keep your heart healthy to prevent any heart conditions in the future. The most common way of maintaining a healthy heart is having a healthy diet, such as being mindful of cholesterol and foods that could increase a person's blood pressure. While maintaining a healthy diet, the heart is also a muscle, so being active and doing any type of exercise or cardio will help strengthen it. Another common and easy tip to help keep the heart healthy is staying away from any type of smoking. Smoking is one of the most common causes of why many people end up having heart conditions in the future.



The heart, like any other muscle can only take so much which is why it is important to get the recommended amount of sleep needed and to reduce unneeded stress. A heart is like the house of the body, it has everything the body needs and all the parts work together to make sure it pumps the blood and receives all the nutrients the body needs. As for any muscle in the body, it is important to keep the heart healthy.

Well-Being Podcasts



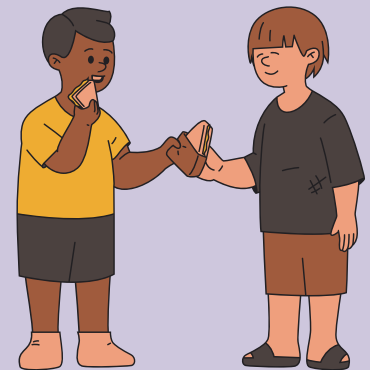
By: Ingrid Yee

The Science of Happiness:

This podcast provides insight into strategies that aid in living your life to the fullest. Topics covered include mindfulness, gratitude, as well as compassion. Hosted by Dacher Keltner, an award winning psychologist and co-produced by PRX as well as UC Berkeley's Good Science Center, this podcast is definitely worth a listen.

The Kindness Podcast:

Hosted by Nicole Phillips, her podcast's mission is to educate the world on the power of kindness. She talks with a variety of different people from musicians and authors to teachers, working to brighten one's day through being kind.



Mad Chat:

Every three weeks, Sandy Allen explains pop culture takes on mental health and madness. She dives into content like the Netflix comedy series, Bojack Horseman, analyzing the way in which the media portrays conditions like anxiety and depression.

Best Friends:

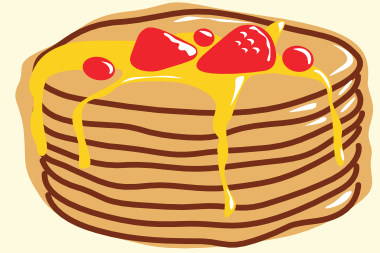
Comedians Sasheer Zamata and Nicole Byer take their stand up skills on a joint podcast, making listeners feel like they're on FaceTime with their closest companion. As these hilarious hosts gleefully discuss topics like gigantic ladybugs and alien abductions, your mood is guaranteed to be improved.



Healthy Winter Recipe

By: Zoya Kaushal

It can be tough to find something healthy and tasty for the most important meal of the day. Check out these healthy oatmeal banana pancakes that are quick and easy to make, enjoyable for everyone, and perfect for winter mornings!



Ingredients:



- 1 banana
- 2 eggs
- ¼ cup oats
- Pinch of cinnamon
- Pinch of salt
- Coconut oil/butter for cooking
- (Optional) Peanut butter or almond butter
- Toppings of your choice! (Maple syrup, chocolate chips, chopped nuts, whipped cream, etc.)

Directions:

- Mash the banana with a fork. Whisk in the eggs, oats, salt and cinnamon until smooth. (Optional) Add the peanut butter and swirl into the batter.
- Heat a tablespoon or so of coconut oil/butter in a non-stick skillet over medium-low heat.
- Add in your batter, enough for the desired size. Cook for about 2 minutes, until set. (Optional) Add chocolate chips, if you would like. Cook on the other side for another 30 seconds.
- Serve with your favorite toppings! Enjoy!

Introducing Hung Wu: The New Wellness Coordinator



By: Isabelle Krucinski

UCR Healthy Campus is delighted to introduce the new Wellness Coordinator, Hung Wu.

Hung is a United States Army veteran who obtained a B.S. in Kinesiology and a Master's in Healthcare Administration from Colorado State University. With 20 years of experience in the Health and Wellness industry, from personal training experience to corporate worksite wellness, Hung is eager to apply his expertise at UCR!

In this position, Hung aims to enhance the current Wellness Program and empower faculty and staff with the skills and knowledge they need to progress in their well-being journey and wellness goals.

Currently, Hung and his wife stay healthy by keeping active, eating healthy, drinking their body weight in ounces of water, getting plenty of rest, and most importantly having fun and experiencing life together!

UCR Healthy Campus is thrilled to have such a knowledgeable and motivated individual join our team.